DISSERTATION

FOR THE AWARD OF DEGREE

MASTER OF SCIENCE

SESSION 2022-2024

TO STUDY THE IMPACT OF SLEEP DEPRIVATION ON STRESS COPING AMONG MEDICAL AND NON-MEDICAL STUDENTS: A COMPARATIVE STUDY

BY

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DEPARTMENT OF CLINICAL PSYCHOLOGY

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DECLARATION BY THE CANDIDATE

I hereby declare that this dissertation titled **"To Study the Impact of Sleep Deprivation on Stress Coping among Medical and Non-Medical Students: A Comparative Study"** is a bonafide genuine research work carried out by **Adiba Khan,** under the esteemed guidance of my Guide **Dr. Parul Gairola, Department of Clinical Psychology**, Santosh Deemed to be University, Ghaziabad, (U.P.)

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CERTIFICATE BY THE GUIDE

This is to certify that the dissertation titled **"To Study the Impact of Sleep Deprivation on Stress Coping among Medical and Non-Medical Students: A Comparative Study"** is a bonafide genuine research work carried out by **Adiba Khan,** in partial fulfilment of the requirement for the degree of **M.Sc. Clinical Psychology** under my supervision and guidance in **Department of Clinical Psychology,** Santosh Deemed to be University, Ghaziabad, (U.P.)

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CERTIFICATE BY THE CO-GUIDE

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CERTIFICATE BY THE HEAD OF DEPARTMENT

This is to certify that the dissertation titled **"To Study the Impact of Sleep Deprivation on Stress Coping among Medical and Non-Medical Students: A Comparative Study"** is being submitted by **Adiba Khan,** in partial fulfilment of the requirement for the degree of **M.Sc. Clinical Psychology,** is based on the bonafide work carried out by her in **Department of Clinical Psychology**, Santosh Deemed to be University, Ghaziabad, (U.P.)

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ENDORSEMENT BY DEAN ACADEMICS OF THE UNIVERSITY

This is to certify that the dissertation titled **"To Study the Impact of Sleep Deprivation on Stress Coping among Medical and Non-Medical Students: A Comparative Study"** is a bonafide genuine research work carried out by **Adiba Khan** herself under the esteemed guidance of **Dr Shalabh Gupta,** Santosh Deemed to be University, Ghaziabad, (U.P.)

Dr Shalabh Gupta
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ADIBA KHAN

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LIST OF ABBREVIATIONS

S.NO.	ABBREVIATIONS	FULL WORD
1.	AC	Avoidant Coping
2.	Brief COPE	Brief Coping Orientation to Problem Experience
3.	DP	Depressive Symptoms
4.	EEG	Electroencephalogram
5.	EDS	Excessive Daytime Sleepiness
6.	EE	Emotional Distress
7.	EFC	Emotion-Focused Coping,
8.	GPA	Grade Point Average
9.	HPA	Hypothalamic-Pituitary-Adrenal
10.	NREM	Non-Rapid Eye Movement
11.	NSF	National Sleep Foundation
12.	PSS	Perceived Stress Scale
13.	PSQI	Pittsburgh Sleep Quality Index
14.	PA	Physical Activity
15.	PFC	Problem-Focused Coping,
16.	REM	Rapid Eye Movement
17.	SPSS	Statistical Packages for Social Sciences
18.	SD	Standard Deviation

INTRODUCTION

REVIEW OF LITERATURE

AIM AND OBJECTIVES

MATERIALS AND METHODS

RESULTS

DISCUSSION

CONCLUSION

BIBLIOGRAPHY

ANNEXURES

ANNEXURE I

SANTOSH MEDICAL COLLEGE, HOSPITALS

No.1, AMBEDKAR ROAD, GHAZIABAD, U.P, 201001

DEPARTMENT OF CLINICAL PSYCHOLOGY

PRELIMINARY IDENTIFICATION FORM

Performa for primary details of student under the study titled "**To Study the Impact of Sleep Deprivation on Stress Coping among Medical and Non-Medical Students: A Comparative Study.**"

Name of the student- **Date-**

Age- **Gender-**

Course- **Place-**

College name- **Religion-**

Mother's name- **Mobile no.-**

Father's name - **Email Id-**

Student Signature-

Please answer the following questions in yes/no.

- Do you experience sleep deprivation regularly?
- Do you feel stressed due to academic/work pressure?
- Have you noticed changes in your ability to cope with stress when sleep-deprived?
- Do you find it challenging to manage stress when lacking sleep?
- Do you believe adequate sleep positively impacts your stress coping abilities?

ANNEXURE II

SANTOSH MEDICAL COLLEGE, HOSPITALS
No.1, AMBEDKAR ROAD, GHAZIABAD, U.P, 201001
DEPARTMENT OF CLINICAL PSYCHOLOGY
CONSENT FORM

I am Adiba Khan, 2nd year MSc. Clinical Psychology student, from Santosh (Deemed to be University). I am conducting research to evaluate **"TO STUDY THE IMPACT OF SLEEP DEPRIVATION ON STRESS COPING AMONG MEDICAL AND NON-MEDICAL STUDENTS: A COMPARATIVE STUDY."** I invite you to be a part of the research.

The following should be noted:

- The responses along with your personal information will be kept confidential.
- The information provided will only be used to evaluate research objectives.
- Your participation is completely voluntary.
- Any time during this process you feel uncomfortable or sensitive to any question, you are free to withdraw from this research.

Please give consent for your participation by signing below.

"I have read the above-mentioned information. I have had the opportunity to ask questions about it and any questions that I have asked have been answered to my satisfaction. I consent voluntarily to participate as a participant in this research."

If any query or any further question you can contact to Adiba Khan through this number. 8800574775

Name of Participant _____

Signature of Participant _____

Date and Day_____

INVESTIGATORS:

- **Adiba Khan (M.Sc. Clinical Psychology 2nd Year, Department of Clinical Psychology Santosh Deemed to be University, Ghaziabad)**
- **GUIDE- Dr. Parul Gairola (Assistant Professor, Department of Clinical Psychology Santosh Deemed to be University, Ghaziabad)**
- **CO-GUIDE- Dr. Niharika Arora (Assistant Professor, Department of Clinical Psychology Santosh Deemed to be University, Ghaziabad)**

ANNEXURE III

संतोष मेडिकल कॉलेज, अस्पताल

न० 1 आंबेडकर रोड, गाजियाबाद, उत्तर प्रदेश, 201001

नैदानिक मनोविज्ञान विभाग

सहमति पत्र

मैं अदीबा खान, संतोष विश्वविद्यालय से एमएससी चिकित्सालय नैदानिक मनोविज्ञान द्वितीय वर्ष की छात्रा हूं। मैं एक शोध कर रही हूँ जिसका उद्देश्य, **"चिकित्सीय और गैर- चिकित्सीय छात्रों के बीच तनाव से निपटने की क्षमता पर नींद की कमी के प्रभाव: (एक तुलनात्मक अध्ययन)" है** । मैं आपको इस शोध का हिस्सा बनने के लिए आमंत्रित करती हूं।

आपकी जानकी के लिए-

- आपकी व्यक्तिगत जानकारी के साथ प्रतिक्रियाओं को गोपनीय रखा जाएगा।
- प्रदान की गई जानकारी का उपयोग केवल अनुसंधान उद्देश्यों का मूल्यांकन करने के लिए किया जाएगा।
- आपकी भागीदारी पूरी तरह से स्वैच्छिक है।
- इस प्रक्रिया के दौरान जब भी आप किसी भी प्रश्न के प्रति असहज या संवेदनशील महसूस करते हैं, तो आप इस शोध से हटने के लिए स्वतंत्र हैं।

कृपया नीचे हस्ताक्षर करके अपनी भागीदारी के लिए सहमति दें।-

"मैंने उपर्युक्त जानकारी पढ़ी है, मुझे इसके बारे में सवाल पूछने का अवसर मिला है और मैंने जो भी सवाल पूछे हैं, उनका जवाब मुझे संतोषजनक जवाब मिला है। मैं इस शोध में एक प्रतिभागी के रूप में भाग लेने के लिए स्वेच्छा से सहमति देता/देती हूं।

किसी भी प्रकार की जानकारी के लिए आप अदीबा खान के मोबाइल नंबर 8800574775 पर संपर्क कर सकते हैं।

प्रतिभागी का नाम _____

प्रतिभागी का हस्ताक्षर _____

तिथि और दिन _____

शोधकर्ता:

- **अदीबा खान (एमएससी द्वितीय वर्ष, नैदानिक मनोविज्ञान विभाग , संतोष डीम्ड टू बी यूनिवर्सिटी, गाजियाबाद)**
- **मार्गदर्शक- डॉ. पारुल गैरोला (सहायक अध्यापक , नैदानिक मनोविज्ञान विभाग, संतोष डीम्ड टू बी यूनिवर्सिटी, गाजियाबाद)**
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ANNEXURE IV

PITTSBURGH SLEEP QUALITY INDEX (PSQI)

Name:_____ Date: _____

Pittsburgh Sleep Quality Index (PSQI)

Instructions: The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. **Please answer all questions.**

1. During the past month, what time have you usually gone to bed at night? _____
2. During the past month, how long (in minutes) has it usually taken you to fall asleep each night? _____
3. During the past month, what time have you usually gotten up in the morning? _____
4. During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spent in bed.) _____

5. During the past month, how often have you had trouble sleeping because you…	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
a. Cannot get to sleep within 30 minutes				
b. Wake up in the middle of the night or early morning				
c. Have to get up to use the bathroom				
d. Cannot breathe comfortably				
e. Cough or snore loudly				
f. Feel too cold				
g. Feel too hot				
h. Have bad dreams				
i. Have pain				
j. Other reason(s), please describe:				
6. During the past month, how often have you taken medicine to help you sleep (prescribed or "over the counter")?				
7. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?				
	No problem at all	Only a very slight problem	Somewhat of a problem	A very big problem
8. During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?				
	Very good	Fairly good	Fairly bad	Very bad
9. During the past month, how would you rate your sleep quality overall?				

	No bed partner or room mate	Partner/room mate in other room	Partner in same room but not same bed	Partner in same bed
10. Do you have a bed partner or room mate?				
	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
If you have a room mate or bed partner, ask him/her how often in the past month you have had:				
a. Loud snoring				
b. Long pauses between breaths while asleep				
c. Legs twitching or jerking while you sleep				
d. Episodes of disorientation or confusion during sleep				
e. Other restlessness while you sleep, please describe:				

ANNEXURE V

PERCEIVED STRESS SCALE (PSS)

Perceived Stress Scale

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the **Perceived Stress Scale**.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

For each question choose from the following alternatives:
0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

_____ l. In the last month, how often have you been upset because of something that happened unexpectedly?

_____ 2. In the last month, how often have you felt that you were unable to control the important things in your life?

_____ 3. In the last month, how often have you felt nervous and stressed?

_____ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?

_____ 5. In the last month, how often have you felt that things were going your way?

_____ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?

_____ 7. In the last month, how often have you been able to control irritations in your life?

_____ 8. In the last month, how often have you felt that you were on top of things?

_____ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?

_____ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

ANNEXURE VI

BRIEF COPING ORIENTATION TO PROBLEM EXPERIENCE (BRIEF COPE)

NovoPsych

Brief - Coping Orientation to Problems Experienced Inventory (Brief-COPE)

Instructions:

The following questions ask how you have sought to cope with a hardship in your life. Read the statements and indicate how much you have been using each coping style.

		I haven't been doing this at all	A little bit	A medium amount	I've been doing this a lot
1	I've been turning to work or other activities to take my mind off things.	1	2	3	4
2	I've been concentrating my efforts on doing something about the situation I'm in.	1	2	3	4
3	I've been saying to myself "this isn't real".	1	2	3	4
4	I've been using alcohol or other drugs to make myself feel better	1	2	3	4
5	I've been getting emotional support from others.	1	2	3	4
6	I've been giving up trying to deal with it.	1	2	3	4
7	I've been taking action to try to make the situation better.	1	2	3	4
8	I've been refusing to believe that it has happened.	1	2	3	4
9	I've been saying things to let my unpleasant feelings escape.	1	2	3	4
10	I've been getting help and advice from other people.	1	2	3	4
11	I've been using alcohol or other drugs to help me get through it.	1	2	3	4
12	I've been trying to see it in a different light, to make it seem more positive.	1	2	3	4
13	I've been criticizing myself.	1	2	3	4
14	I've been trying to come up with a strategy about what to do.	1	2	3	4
15	I've been getting comfort and understanding from someone.	1	2	3	4
16	I've been giving up the attempt to cope.	1	2	3	4

NovoPsych

		I haven't been doing this at all	A little bit	A medium amount	I've been doing this a lot
17	I've been looking for something good in what is happening.	1	2	3	4
18	I've been making jokes about it.	1	2	3	4
19	I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	1	2	3	4
20	I've been accepting the reality of the fact that it has happened.	1	2	3	4
21	I've been expressing my negative feelings.	1	2	3	4
22	I've been trying to find comfort in my religion or spiritual beliefs.	1	2	3	4
23	I've been trying to get advice or help from other people about what to do.	1	2	3	4
24	I've been learning to live with it.	1	2	3	4
25	I've been thinking hard about what steps to take.	1	2	3	4
26	I've been blaming myself for things that happened	1	2	3	4
27	I've been praying or meditating	1	2	3	4
28	I've been making fun of the situation.	1	2	3	4

Developer Reference:

Carver, C. S. (1997). You want to measure coping but your protocol'too long: Consider the brief cope. International journal of behavioral medicine, 4(1), 92-100.

Administer Now

STATISTICIAN CERTIFICATE

This is to certify that the statistical analysis component of the thesis titled_ **To Study the Impact of Sleep Deprivation on Stress Coping among Medical and Non-Medical Students: A Comparative Study** done by **Adiba Khan** in the Department of **Clinical psychology** Santosh Medical College and Hospital, Ghaziabad, has been conducted under my direct guidance and supervision. All the statistical calculations of this study are authentic and correct to the best of my knowledge.

Wish her all the success in her life.

Assistant Professor cum Statistician

Santosh Deemed To be University,
Ghaziabad

MASTER CHART